

# Leon County Senior Gazette

December 2011/  
January 2012

■ The bimonthly publication of the  
Leon County Senior Outreach Program



■ Sponsored by the Tallahassee Senior Foundation



## Grandparents as Parents (GaP) Celebrate Together!

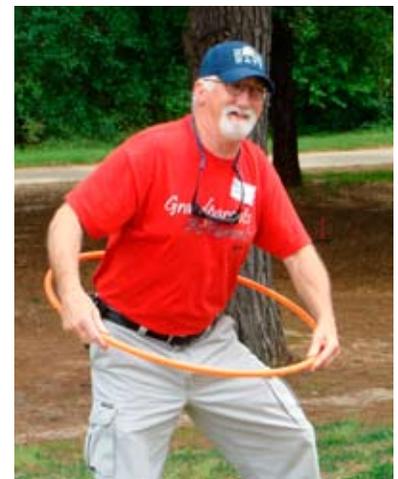


The Grandparents as Parents (GaP) program held its annual Fall Family Social recently at Lafayette Park. GaP families enjoyed fellowship, food, and fun on a beautiful day in Tallahassee.



Gloria McCrea and her granddaughters

The GaP program provides support, access to community resources, educational programs, family socials, and so much more to over 85 grand-families in the area. If you are raising a relative's child, then join us for our monthly support luncheon on the last Wednesday of each month. The next luncheon will be held on February 29, 2012. Call 891-4008 for more information about the GaP program and support meetings.



Granddaddy Ron Mathis having some fun.

**Leon County  
Senior Gazette**

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Leon County Senior Outreach  
is a program of the Tallahassee  
Senior Foundation, funded by  
the Leon County Commission  
and private donations.



*During this holiday season  
and all through the new year,  
everyone at Leon County Senior Outreach wishes*

**Joy to You and Yours!**

**Crock-Pot Hearty Vegetables**

Makes 6-8 servings

- 1 1/2 pounds sweet potatoes
- 1 pound parsnips
- 1 pound carrots
- 2 large red onions, coarsely chopped
- 3/4 cup sweetened dried cranberries
- 1 Tbsp light brown sugar
- 3 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 1/3 cup chopped fresh flat-leaf parsley

1. Peel the sweet potatoes, parsnips, and carrots. Cut them into 1 1/2-inch pieces.
2. Combine the parsnips, carrots, onions, and cranberries in a lightly greased 6-quart slow cooker. Layer the sweet potatoes on top.
3. Whisk together the sugar, olive oil, balsamic vinegar, salt, and pepper in a small bowl. Pour the mixture over the vegetables. Do not stir.
4. Cover and cook on HIGH 4 to 5 hours or until the vegetables are tender.
5. Toss with parsley just before serving.

**Don't forget to bring a canned good to the next  
Lunch and Learn (the new name for Senior Day).  
Donations benefit the food pantry at Elder  
Care Services. Thanks for your generosity!**



## Living Well with Vision Loss

If you are diagnosed with a vision problem that can't be corrected with eyeglasses or surgery, you may feel like your life is over.

Not so. Your life will change, but you can do almost anything with vision loss that you can do with regular sight, says Jeanine Kane, Independent Living Supervisor at the Lighthouse of the Big Bend.

Her organization's mission is to guide people through vision loss by providing practical instruction for living with low or no vision. Jeanine is a Certified Vision Rehabilitation Therapist with a master's degree in visual disabilities. "We are trained to teach how to do most any of the tasks around and outside the home that the person did before vision loss," she says.

These how-to techniques make use of other senses, such as touch. For example, by adding raised dots on stove controls, cooks can gauge how hot the burners are and can set the oven for the desired temperature. Another example: putting toothpaste on a finger instead of the brush is a simple way to measure the right amount.

The Lighthouse of the Big Bend also provides individual and group instruction in communicating (reading, writing, dialing a phone), using a computer, getting around safely inside and outside the house, and employment and recreation skills, as well as individual and family adjustment counseling. All these services are free to people who are legally blind or progressing toward legal blindness, as diagnosed by an eye doctor.



Two of the most prevalent causes of low vision in seniors are:

1. *Macular degeneration*, called "the hidden eye disease" because it is not visible to others.

It causes loss of central vision, which makes close-up tasks like reading, writing, and recognizing faces very difficult. As with other forms of vision loss, people with this condition can learn techniques to help in these and other tasks. Caucasian females, those with a family history, smokers, and people who live in sunny environments are most at risk.

2. *Glaucoma*, dubbed "the sneak thief of sight" because it has no early symptoms. The most common form comes on gradually, causing fluid to build up inside the eye. The increased pressure irreversibly damages the optic nerve. Eye doctors can test for early signs of glaucoma and begin treatment before serious damage occurs.

African-Americans, people with high blood pressure, those with a family history of glaucoma, and diabetics are most at risk.

To take care of your sight, Jeanine suggests:

- \* Once a year, get your eyes checked, and get tested for glaucoma. Look for free glaucoma screenings at health fairs and senior centers.
- \* Go immediately to an eye doctor if you notice any changes in your vision.
- \* Exercise regularly, take time to relax, and eat a healthy diet, all of which help with every part of the body, including the eyes.
- \* Wear sunglasses with UV protection on sunny days.



### For more information and assistance



Lighthouse of the Big Bend  
(850) 942-3658 or toll-free (888) 827-6033  
[info@lighthousebigbend.org](mailto:info@lighthousebigbend.org)  
[www.lighthousebigbend.org](http://www.lighthousebigbend.org)  
Support group meets first Wed of each month.

Free glaucoma screenings at the Tallahassee Senior Center - call (850) 891-4000 for schedule

Insight Support Group (850) 878-1923  
Meets third Thur of the month from 1 to 3 pm at the Tallahassee Senior Center

Leon County Public Library (850) 606-2665  
Large-print books, recorded books, a computer that can enlarge writing on websites, and more

Project Insight (800) 267-4448  
Information & referral; telephone support for newly blinded people

Email: [projectinsight@fcb.org](mailto:projectinsight@fcb.org)

[www.afb.org](http://www.afb.org) (look for Senior Site link)

[www.mdsupport.org](http://www.mdsupport.org)

[www.glaucoma.org](http://www.glaucoma.org)



# Leon County Senior Outreach

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## Bradfordville

Wildwood Presbyterian Fellowship Hall,  
100 Ox Bottom Road

**Bradfordville Lunch and Learn:** Wed, Dec 14,  
10:30 am – 12:30 pm. Allegro Heritage Oaks' very own Gangsta Grannies will perform, along with holiday music from the Angel Band. Dessert and door prizes provided by Allegro Heritage Oaks. Suggested \$6 for lunch. No Lunch and Learn in Jan.



Historic Bradfordville Schoolhouse, 3439 Bannerman Road

**Senior Fitness Beginners:** Tue & Thur, 10:30 – 11:15 am. Suggested \$2 donation.

**Senior Fitness Intermediate:** Tue & Thur, 11:30 am – 12:30 pm. Suggested \$2 donation.

**Senior Fitness – Afternoon Class:** Tue & Thur, 1 – 2 pm. Suggested \$2 donation.

**Social Bridge:** Mon, 12:30 – 3:30 pm. Suggested \$1 donation.

**Lifelong Learning:** New classes start in Feb.

## Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

**Chaires-Capitola Lunch and Learn:** No Lunch and Learn in Dec or Jan.

**Senior Fitness Class:** Mon, Wed & Fri, 9:15 – 10:15 am. Suggested \$2 donation.

## Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

**Fort Braden Lunch and Learn:** Tue, Dec 20, 10:30 am – 12:30 pm. Suggested \$6 lunch donation. No Lunch and Learn in Jan.

**Senior Fitness Class:** Mon & Wed, 10:30 – 11:30 am. Suggested \$2 donation.

**Zumba Fitness:** Mon & Wed, 6:30 – 7:30 pm; Tue and Thur, 10 – 11:00 am. \$3 per class (under 55), \$2 per class (55+)

## Micosukee

Micosukee Community Center, 13887 Moccasin Gap Road

**Micosukee Lunch and Learn:** Thur, Dec 1, 10:30 am – 12:30 pm. Suggested \$6 lunch donation. No Lunch and Learn in Jan.

**Bus Trip to WalMart:** Fri, Dec 2 & Jan 6, 10 am – 12:30 pm. \$2 round-trip.

## Woodville

Woodville Community Center, 8000 Old Woodville Road

**Woodville Lunch and Learn:** Thur, Dec 8, 10:30 am – 12:30 pm. Suggested \$6 lunch donation. No Lunch and Learn in Jan.

# Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.

# Calendar

Call 891-4065 or 891-4033  
for more information



**Grandparents as Parents (GaP) :** No events scheduled for Dec or Jan. See you in Feb

## *Ring In the Season with these Holiday Concerts at the Tallahassee Senior Center*

Holiday Harmony Concert by the Capital Chordsmen Barbershop Chorus and Quartets  
Thur, Dec 8, 7 pm  
Tickets are \$12.50 for adults, \$10 seniors (65+) and \$5 students. Available at the door or in advance from Robbie Brunger (call (850) 224-7229 or email [brungerrob@embarqmail.com](mailto:brungerrob@embarqmail.com)). For adults and seniors (65+), early bird tickets are \$8 if purchased before Thanksgiving (Nov. 24).

Tallahassee Community College Jazz Band  
and the Capital City Concert Band  
Mon, Dec 12, 7:30 pm

Suggested admission at the door is \$5. Children under 12 are admitted free. All proceeds benefit the Tallahassee Senior Center and Foundation.



## *Coming Events in 2012*

### **Capital City Senior Games, March 15-19, 2012**

An event of the Tallahassee Park, Recreation & Neighborhood Affairs

Athletic competitions for anyone age 50 or better. May be a total amateur (who has never competed before) or a serious competitor (who can qualify for the state level, and from there to the national level). Begin training now to compete in table tennis, horseshoes, volleyball, basketball shooting, cycling, track & field, swimming, and more!

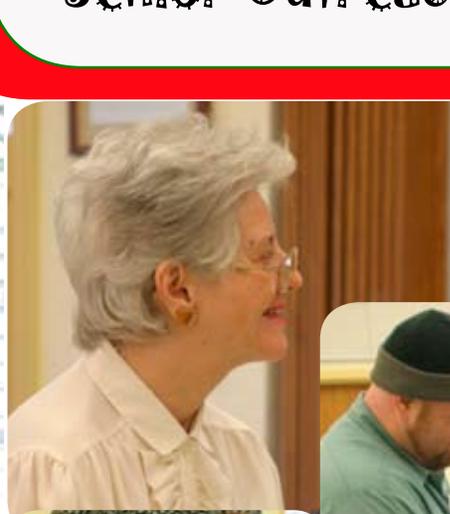
### **Tallahassee Active Lifelong Leaders, Jan 24 – March 13, 2012**

Registration is now open for the Tallahassee Active Lifelong Leaders program. TALL provides an opportunity for area seniors to enhance positive change in the community through advocacy and volunteerism.

TALL, an opportunity for interested active seniors (55+) to get an in-depth look at various aspects of our community, provides a community snapshot of the cultural, political, safety, legal and justice, educational, environmental, and health and human services climate. Site visits bring participants together with community leaders, and through interactive activities, they become better equipped to enhance positive change and growth in the community. The extremely popular TALL program involves members of the Tallahassee community as participants, sponsors, facilitators, and educators. Patterned after the Tallahassee Chamber of Commerce's Leadership Tallahassee program and in partnership with the Chamber, the Tallahassee Active Lifelong Leaders (TALL) is now accepting applications for Class 5. Program days will be every Tuesday from Jan. 24 through March 13; cost is \$95. For more information or to receive an application, please contact Hella Spellman at 891-4007 or [hella.spellman@talgov.com](mailto:hella.spellman@talgov.com).



**Leon County  
Senior Outreach**



**Chaires  
Lunch  
& Learn**



## Can We Count On Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services.

*Thanks for being a "key" to active, healthy aging in our community!*

- |                                  |                              |                                 |
|----------------------------------|------------------------------|---------------------------------|
| ___ \$25 Senior (age 55 plus)    | ___ \$100 Friends Key Holder | ___ \$1,000 Gold Key Holder     |
| ___ \$35 Friend (under age 55)   | ___ \$250 Bronze Key Holder  | ___ \$2,500 Platinum Key Holder |
| ___ \$40 Senior Couple           | ___ \$500 Silver Key Holder  | ___ \$5,000 Diamond Key Holder  |
| ___ \$50 Non-Profit Organization |                              |                                 |

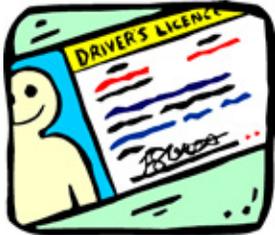
\_\_\_\_\_ Please dedicate my contribution directly to the Leon County Senior Outreach Program.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Make your check out to *Tallahassee Senior Foundation* and send it to:  
Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303

## Ask the Resource Coordinator



Q. What documents do I need to bring with me when I renew my Florida driver's license?

A. You may not have to renew in person. The DMV allows driver's licenses issued since 2002 to be renewed once online (at [www.GoRenew.com](http://www.GoRenew.com)) or by mail without having to provide documents to prove who you are and where you live.

If you are required to renew your license or identification card in person, you must bring original documents to prove your identity, date of birth,

residential address, and Social Security number. **Photocopies are not accepted.** Listed below are some of the documents you can use. For a more complete list, call the Leon County Tax Collector's office at (850) 488-4735, visit [www.GatherGoGet.com](http://www.GatherGoGet.com), or go to [www.dmvflorida.org](http://www.dmvflorida.org) and click on "drivers license."

For identity, bring a certified U.S. birth certificate issued by a government agency (not by a hospital) or a valid U.S. passport or passport card. If your current name is different from the name on your birth certificate, you must also provide a marriage certificate, court order, or divorce decree as appropriate. Such a document is not required if you bring a valid U.S. passport with your current name on it.

For proof of Social Security number, bring one of the following: Social Security card (must be an original in your current full name), or printed W-2 form (not handwritten), or a paycheck, or a paycheck stub

For proof of residential address, you need two documents, such as: deed, mortgage, monthly mortgage statement or payment booklet; residential lease; Florida voter registration card; Florida vehicle registration or title (you can print a duplicate registration at [www.gorenw.com](http://www.gorenw.com)); current auto insurance or homeowner's insurance policy or bill; or a utility bill not more than two months old. Your current driver's license doesn't count.

**Direct your questions about senior resources to the Senior Resource Coordinator  
by calling 891-4043 or e-mailing [seniorinformation@talgov.com](mailto:seniorinformation@talgov.com)**

Leon County Senior Outreach Program  
Tallahassee Senior Foundation  
1400 North Monroe Street  
Tallahassee, Florida 32303

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Return Service Requested

**Welcome** to the bimonthly *Leon County Senior Gazette!* Look for this informative newsletter every other month.

Don't forget to check the calendar page inside to get updated information on all Leon County Senior Outreach activities.

For more information, call **891-4065** or **891-4033**, or email [susan.davis@talgov.com](mailto:susan.davis@talgov.com).



## SPECIAL SENIORS

### Sylvester & Jean Shields



It all started for Sylvester and Jean Norwood Shields at a swimming hole. Sylvester first laid eyes on Jean when she was 12 and came to swim while her mama fished. "I'd take corn to her daddy's gristmill and I'd see her there," Sylvester says with a smile on his face. One day Jean's mama asked him to take her daughter to church. When Jean was 16, they married. "We're the best friends in the world," he says, 56 years later.

They both grew up in Leon County, reared their children here, and give no thought to leaving. They live in the house where Jean was born. It was on Tallahassee's Wildwood Drive then, and it's been moved twice since. Now on their 15 acres in Fort Braden, the home is surrounded with fruit trees, chickens and guineas, as well as deer, wild hog and an occasional bear.

Sylvester was born on his family's 44 acres on Goober Hill, west of Tallahassee. His daddy was one of the first electricians in Tallahassee, and Sylvester learned the trade from him. He eventually opened Shields Micro & Appliance Service in Tallahassee. "My daddy said do a good job as cheap as you can, but he left out the part about making a profit," Sylvester says with a chuckle.

After their children started school, Jean went back to work. She retired after 18 years at Leon County's elections office. "They still quote her up there in some of the training manuals," Sylvester says.

Jean and Sylvester share a sense of humor. "Have to," says Sylvester. "The Bible says a merry heart is like good medicine." The Shields' are lifelong members of the Oak City Assembly of God, where Jean taught Sunday School for many years and now leads a Bible study group.

The boy from Goober Hill and the girl from Wildwood Drive are sustained by faith, friendship, and by the twin twinkles in their eyes.